



Naval Station Pascagoula's hometown on-line newspaper

# Homeport

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Photo by JO2 Renee Johnson

## A word from our leaders

# Operation Enduring Freedom: Looking Back

Earlier this month, we marked the first anniversary of the start of our combat operations against terrorism. The foundation for our success is no secret. The credit belongs to you who serve as part of our Armed Forces: our Sailors, Soldiers, Airmen, Marines, Coast Guardsmen, DoD Civilians and our military families.

Over the past year, I've visited hundreds of you overseas and around the U.S. You are dedicated and determined. You have left your homes, your families and, in the case of our guard and reserve personnel, you left your jobs. Your service is an example of selflessness and sacrifice.

Those of you that I've met are no different from the hundreds of thousands of others nobly serving — at home and abroad. All are doing the extraordinary.

Over this past year, our nation's Armed Forces have achieved a significant measure of success in the war on terrorism.



By Gen. Richard Myers  
Chairman,  
Joint Chiefs of Staff

Taliban from power.

Then, 27 days after the terrorists struck our nation, this joint team unleashed a powerful and lethal campaign. Two months later, our men and women, in concert with our allies and friends, freed Afghanistan. With the help of the international community, we also helped avert a massive famine.

This campaign has been one for the record books. It included the deepest

A year ago at this time, few predicted the speed or the effectiveness with which we would eliminate the major terrorist's haven in Afghanistan. It was a land-locked country. We had no military bases in the vicinity. We had no major war plan to remove the

amphibious operation in our marine corps history — more than 400 miles into hostile territory. It included the highest elevation that our soldiers fought a pitched battle — at 10,000 above sea level. It included the longest combat sortie on record for our Air Force — 44 hours in length. Most significant of all, it entailed the fewest war-combatant injuries and the least collateral damage of any major military operation in history. It was the first time we employed the c-17 in a medium threat environment to air drop supplies. It was the first time we shared simultaneously a video picture from an unmanned aerial vehicle with the headquarters and the aircrew over the target. No other nation can operate such advanced technology as our Armed Forces.

While these examples reflect how technology has changed, the most important factor remains the incredible talent and

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## CNO's birthday message says the Navy needs us

As we celebrate our 227th birthday, it is a good time to reflect on where the Navy is and where we are going. This is an incredible time to serve. Now more than ever, the Navy needs you and the nation needs the Navy.

First and foremost, we are at war. During the past year, all of us have either served in or supported the global war on terrorism. We are taking the fight to the enemy. That is what our Navy/Marine



By Adm. Vern Clark  
Chief of Naval Operations

Corps team does best. Eight carrier battle groups, five amphibious ready groups, numerous other ships, and thousands of SEALs, Seabees and Marines have seen combat in Operation Enduring Freedom. Yet, this war is not isolated to

one country or one theater.

The threat of terrorism is borderless. You have carried out your global missions on, under, and above the seas, as well as ashore, without complaint. You have provided critical intelligence, uninterrupted deterrence and built support from allies through exercises and engagements. Your persistent projection of decisive combat capabilities has deterred terrorists around the world, while at home and at bases around the globe you have steadfastly provided the training and support required to keep our Navy at its peak.

We will never know what terrorist strikes have been averted because of our service, but we know we are winning this war and we know our fellow citizens support and appreciate us.

Second, we are serving at a time of

record retention. We continue to make great progress in personnel programs and training initiatives. From Task Force EXCEL and the Revolution in Training to Project SAIL and the Revolution in Personnel Distribution, we are seeing a tremendous cultural improvement in the way we grow and develop our people.

Third, we are experiencing record-setting readiness rates. With the fleet's initiative, the ships and squadrons are ready to take the fight to the enemy. With the help of the Congress, the Navy has committed the right amount of resources to maintenance, spare parts and fuel to ensure we have the tools to fight and win.

The future is bright. Sea Power 21, the vision that will guide our Navy, gives us cause to be optimistic. The nation recognizes and is committed to the value of our Navy. And most importantly, we are the greatest Navy in the world because of our people. Our future shines like a beacon of excellence for the world to follow.

America needs your service today like few other times in our history. Make no mistake, your service matters. Our Navy needs talented young Americans who want to serve their nation and make a difference. From the most junior to the most senior, we all have a role to play now and in the future. So Happy Birthday Navy. Your service is appreciated.



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## Homeport

**Commanding Officer . . . . CDR Terry Rea**  
**Executive Officer . . . . LCDR Shri Stroud**  
**Public Affairs Officer . . . Stacey Byington**  
**Journalist . . . . . JO2 Renee Johnson**

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Deadline for all routine copy is on or about the 15th of every month. Questions or comments can be directed to the Naval Station Pascagoula Public Affairs Officer. The Homeport staff can be reached at (228) 761-2164 or (228) 761-2019.



## From our Fleet

# Groves change of command held on battleship

By Stacey Byington  
Public Affairs Officer

CDR Rodelio Laco Jr., USNR, relieved CDR Timothy J. Werre, USNR, as Commanding Officer of USS Stephen W. Groves (FFG 29) in a traditional change of command ceremony on the USS Alabama at Battleship Memorial Park, Mobile, Ala., Oct. 25. The Groves is currently undergoing a maintenance availability in Bender Shipyard, Mobile.

CDR Laco reports to USS Stephen W. Groves from his previous duty as the Deputy, Mine Warfare Branch of Expeditionary Warfare Division on the staff of the Chief of Naval Operations.

A native of Dallas, Texas, CDR Laco graduated from Texas A&M University in 1984, and was commissioned as an Ensign through the Naval Reserve Officer Training Corps (NROTC). Sea duty assignments include serving on USS Moosbrugger (DD 980), Charleston, S.C., September 1983-April 1988; USS Moinester (FF 1097), Mobile, February 1993-July 1994; on the staff of Destroyer Squadron 1, San Diego, Calif., as operations and training and readiness officer, August 1994-July 1996; as Commanding Officer, MCM Rotation Crew Charlie on USS Pioneer (MCM 9), Ingleside, Texas, June 1999-March 2000; and as Commanding Officer of USS Ardent (MCM 12), Manama, Bahrain, March 2000-April 2001.

Shore assignments include serving as Executive Officer, Naval Reserve Center, Corpus Christi, Texas, June 1988-September 1991; Officer in Charge of Mobile Inshore Un-



Photo by Stacey Byington

***CDR Rodelio Laco Jr. addresses the troops, family and firends of USS Stephen W. Groves (FFG 29), after assuming command of the ship from CDR Timothy Werre, USNR, on Friday, Oct. 25. The Groves is currently undergoing a maintenance availability at Bender Shipyard in Mobile, Ala., and the change of command was held on the battleship USS Alabama, at Battleship Memorial Park in Mobile.***

dersea Warfare Union 108 (MIUS 108), Corpus Christi, July 1990-May 1991; and as Commanding Officer of Naval Reserve Center, Tyler, Texas, August 1996-July 1998.

He attended Texas A&M, Corpus Christi University from September 1988-August 1991, and earned a Master's degree in Business Administration and a Master of Science degree in computer science. He attended

the Naval Postgraduate School, Monterey, Calif., September 1991-May 1992, where he earned a sub-specialty designation in computer systems management.

CDR Laco's decorations include the Meritorious Service Medal, Navy and Marine Corps Commendation Medal (three awards), and the Navy and Marine Corps Achievement Medal (two awards), and other

service and campaign ribbons.

CDR Werre assumed command of USS Stephen W. Groves in March 2000. Under his guidance, the Groves was instrumental in the arrest of 33 drug traffickers and the prevention of more than 30,000 lbs. of cocaine from reaching the United States. He has been commended for his superior leadership and war-fighting spirit. His emphasis on training and ensuring continued combat readiness were the cornerstones for a highly successful inter-deployment training cycle. CDR Werre's personal interaction with each member of his crew, and is genuine concern for his Sailors resulted in the Groves recognition on the COMLANTFLT retention honor roll for two separate quarters in fiscal year 2002.

CDR Werre was formerly a Navy enlisted Electronics Technician before receiving an NROTC scholarship to the University of Wisconsin in Madison, Wisc. He graduated and earned his commission as a Navy Ensign in 1983. Sea duty assignments include tours aboard USS Enterprise (CVN 65), USS Lynde McCormick (DDG 8), USS Oliver Hazard Perry (FFG 7), and as Executive Officer on USS Doyle (FFG 39).

He earned a Master of Science degree in computer science from the Naval Postgraduate School in September 1996. His personal decorations include the Meritorious Service Medal, the Navy and Marine Corps Commendation Medal (three awards), and the Navy and Marine Corps Achievement Medal (three awards).

## From our Fleet

# Gates conducts maritime interdiction training

By LTJG Ligio Cohen  
NAVSOPAO

On a day of high seas, 120 miles off the coast of Brazil, the deck crew of USS Thomas S. Gates (CG-51) lowered the rigid-hull inflatable boat (RHIB) to sea. The 13 members of the boarding team quickly embarked the boat and sped away, negotiating 7-foot swells that caused the RHIB to continuously become airborne and splash back down on the surface.

The objective of this wild ride was to conduct Maritime Interdiction Operation (MIO) training against a ship suspected of carrying illegal cargo.

In an effort that required all his skill and concentration, the coxswain got the RHIB alongside and fought the surge to maintain the boat steady enough to allow the boarding team to climb up the side of the vessel. Once embarked, the team dispersed aft, below decks and to the bridge to swiftly gain control of the vessel.

"They have three main goals: take control of the bridge, the engineering plant and the crew," said GMCS Dionicio Delgado, the MIO/VBSS (visit, board, search and seizure) boarding team leader.

The only difference from this training MIO to an actual one is that this time the ship boarded was a friendly Spanish ship, SPS Reina Sofia (F 84), playing the role of a suspicious vessel.

"The sea state was a challenge during training. But the training was worthy because we need to train not only in calm seas but also on rough water," said Delgado. "When we're conducting MIOs, we don't get to choose the sea conditions in which we want to operate."

USS Thomas S. Gates con-



U.S. Navy Photo by PH2 Aron Taylor

***DC2 Nathan Kylo from the USS Thomas S. Gates (CG 51) climbs aboard the Spanish ship SPS Reina Sophia (F 84) during MIO/VBSS training conducted during UNITAS, the largest joint naval exercise in South America.***

ducted this training as part of Unitas, the largest multinational naval exercise conducted in the Americas. During the Atlantic phase of Unitas, 12 surface combatants and two submarines, in addition to helicopters and P-3C aircraft from six nations, conducted a variety of traditional at-sea missions such as undersea, anti-surface and anti-air warfare. Counter-drug operations, special warfare and maritime interdiction training also played a key role in this phase of the exercise.

"We took a very aggressive approach to training during our deployment to the U.S. Naval Forces Southern Command operating area," said Lt. Tracy DeWitt, Thomas S. Gates'

weapons officer. "The training paid off. We were very successful in the deployment and were selected to be in charge of the Unitas MIO exercise where we coordinated a six-ship, multinational MIO mission."

MIO boardings are inherently risky evolutions, and focus on safety is paramount. Tactical vests should fit, weapons should be properly carried, flotation equipment should be properly worn, and everybody must know exactly what to do. The boarding officer's role is to interface with the ship's master and inspect pertinent ship documents, while the assistant boarding officer provides security for the board-

ing officer and directs the movement of the search and security teams. Concurrently, the security teams neutralize the crew, while the search teams inspect the vessel.

"Nothing gets left unturned," said DeWitt. "They will search every compartment and void looking for contraband, weapons...anything that is not supposed to be there."

USS Thomas S. Gates maintains two fully trained VBSS/MIO teams at all times, totaling 22 Sailors. The team members are rotated, varying the composition of the teams for each boarding depending on size of the vessel, compliance status and weather conditions.

"For me, one of the most important safety precautions is getting good bearings when you board the ship," said STG2 Thomas Murphy, a VBSS/MIO team member. "You should always look around and determine key points in case you have to back-track quickly."

To become a boarding team member, Sailors attend a two-week Visit, Board, Search and Seizure course, where they learn the levels of force, takedown procedures and search techniques and tactics for taking control of a ship including rappelling. In addition back on board the ship, there is continuous training including maintaining weapons qualifications, scenario-driven exercises and training in non-lethal force all the way up to deadly force.

"One major training resource we discovered was the Coast Guard Law Enforcement Detachment," added DeWitt. "These guys provided expert, firsthand experience training to our team."

But conducting a safe and successful MIO boarding requires more than a well prepared boarding team; it requires a total ship effort. The per-

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## Around the Homeport

# Carolyn Crumpton selected as Civilian of the Year

By JO2 Renee Johnson  
Public Affairs Office

Carolyn Crumpton, admin assistant, has been selected as the Naval Station Pascagoula Civilian of the Year.

With more than 23 years of civil service experience, 11 of which was spent here at Pascagoula, Crumpton can enjoy the great accomplishment of being recognized as the Civilian of the Year which she proudly accepts.

"Being selected as Civilian of the year was one of the most pleasant things that has ever happened to me. I feel I have accomplished so much," said Crumpton, who also was selected as the Civilian of the Quarter for fiscal year 2002, second quarter.

Crumpton has proved herself to be an invaluable asset to the command and its mission.

"Carolyn is well aware of the command's mission to support the fleet and their families, and she supports 100 percent and goes above and beyond her call to duty to aid the mission," said MSCS(SW) David Pauly, the station's Admin Officer.

Crumpton sees herself as just one member who contributes to the success of the command.

"There are so many great workers here on base and I work with so many great people. This accomplishment makes me feel like I am one of those great people," said Crumpton.

As one of Naval Station Pascagoula's original plank owners, Crumpton remembers the many changes that have evolved the station into what it is today.

"I can still remember when a majority of the personnel assigned to the Naval Station Pascagoula, actually all worked here in the admin building.



Photo by JO2 Renee Johnson

***Carolyn Crumpton, NAVSTA Pascagoula's Civilian of the Year, talks with SN Kali Bolten, another member of the Admin staff.***

Every thing was right here in this building. We didn't have things like the gym, barracks, Medical or Dental," said Crumpton.

A more recent change was the renovations of the administration's department office spaces.

"Our admin department has

been totally blessed. We have a newly renovated office. It gives you a sense of pride when you come in to work because you are going into a decent work area," said Crumpton.

"I think this base has come a long way in such a short period of time," she added.

Crumpton credits Naval Station Pascagoula's success partly to the camaraderie of its staff.

"It's great when you have a mixture of both military and civilian workers who can work together and get the job done," she said.

According to Crumpton, it also doesn't hurt if you enjoy what you do.

"I like my job, I like the place where I work, and then being selected as the Civilian of the Year, what more can I ask for? It just makes you feel good," said Crumpton.

More importantly, "I like the people that I work with," said Crumpton.

One of her co-workers and friend, Admin Assistant Sharon Christman, who has worked with Crumpton for more than 11 years, shares the qualities she has noticed in Crumpton.

"Carolyn has been actively involved in several committees and programs during the time she's been at the Naval Station and I feel she has been a key ingredient in their success," said Christman. "She's a very enthusiastic person who uses humor and a positive attitude to get her through life, at work and at home," she added.

"Carolyn's attitude and enthusiasm in this office has brought spirits up on a daily basis," said Pauly. "She deserves the title 'Civilian of the Year.'"



***Re-up -- GM2 Anthony Jackson, with the NAVSTA Weapons Dept., reenlists in the Navy for four more years. ENS Douglas Moreland, NAVSTA Weapons Officer, was the reenlisting official.***

## Around the Homeport



**Salute to the Military** -- PC2 Angela Morgan poses for a photo with Gen. Richard Myers, Chairman of the Joint Chiefs of Staff, and senior Mississippi senator, Sen. Thad Cochran. Morgan was selected to represent Pascagoula-area commands in competition for the 2002 Thomas V. Fredian Community Leadership Award, which was presented at the annual Salute to the Military held at the Mississippi Coast Coliseum Oct. 7. Gen. Myers was the guest speaker at the event.

Photo by Stacey Byington



Photo by Stacey Byington

**Retirement** -- CEC(SCW) Charles Harvey receives a shadow box from BMCM(SW) Allen Herman at his retirement ceremony Oct. 18. Harvey was the station's self-help coordinator. He is returning to the NAVSTA staff as a government civilian, the new safety specialist.



Photo by JO2 Renee Johnson

**Fire prevention** -- Sparky the Fire Dog pays a visit to CDR Bill Williston, one of Destroyer Squadron 6's homeported staff, to help remind sailors about the hazards of fire. A couple of these tips include reminding children not to play with matches, check smoke detectors at least annually, and have an escape route and meeting place outside your home in case of fire.

### NAVSTA Pascagoula 'Bravo Zulus'

**Civilian of the Quarter:**  
Betty J. Hughes

**Promotion:**  
LT Jason Franklin

**Advancements:**  
MA1 Lionel Clifford  
MA1 Elizabeth Koehler  
LN1 Jacqueline Rogers  
MA3 Elizabeth Davie  
MA3 Anthony Lemos



## Around the Homeport

# Camp Bluebird touches the hearts of Sailors

By JO2 Renee Johnson  
Public Affairs Office

Sailors from Naval Station Pascagoula, the Shore Intermediate Maintenance Activity (SIMA), the Branch Medical Clinic, and the Branch Dental Clinic, have again volunteered their services to the three-day bi-annual Camp Bluebird, held Oct. 18-20 at the Gulf Coast Research Laboratory Institute in Ocean Springs, Miss.

Approximately 42 Sailors, who didn't mind giving a helping hand where help was needed, assisted with transporting campers to planned activities around the facility, and with the set up of the weekend's scheduled events.

The camp is designed to give each of the 43 cancer patients a little time away from home to have fun, meet other people, and to take their minds off their illness, if just for a little while. Planned activities included painting T-shirts, building birdhouses, playing bingo, dancing, singing, and fishing.

Each Sailor had his or her own reasons for volunteering, and some of those were very personal.

"My mother is a cancer survivor and that's what propelled me to come and volunteer," said SK1(SW) Sean Ramirez, SIMA's supply Leading Petty Officer.

Ramirez volunteered to spend the entire weekend at the camp.

"When MR1 (Paul) Vanslooten mentioned to me about Camp Bluebird one day on a break, I immediately committed myself without hesitation," he said.

Another Sailor says he enjoys the interaction he gets with the campers.

"I enjoy putting a smile on someone's face and helping them any way I can," said HT1(SW/AW) Gilbert Cleveland, a repair department ship



Photo by HT1(SW/AW) Cleveland Gilbert

**NAVSTA Pascagoula CMC, MMCM(SW) Terry McIntyre, helps cook breakfast at Camp Bluebird. Volunteers from several Pascagoula commands assisted at the three-day camp for cancer survivors held in Ocean Springs, Miss.**

fitter shop supervisor at SIMA.

Although the campers have been diagnosed with cancer, they don't seem to let the disease get the best of them.

"The best experience about this is knowing that a lot of these people are sick and you wouldn't know it just by looking at them because everyone is cheerful and having a good time regardless of the bad things in their life," said Ramirez.

Cleveland has volunteered at Camp Bluebird for the past three years.

"I guess it makes them feel good to see me again because when they do, they say, 'I'm so glad to see that smiling face,'" said Cleveland. "So, I guess my smiling face makes an impression on them."

With the recent 'West Nile

virus' scare this year, there were a few necessary modifications that had to be made.

"We have had to move a lot of our activities indoors," said Carolyn Freeman, Camp Bluebird director. "For example, we could not have our memorial service on the beach, and we moved our dance into the cafeteria. Like every one else, we had to be cautious."

The hard work of the volunteers did not go unnoticed. "We had some really good

volunteers, as usual and they provided a lot of good help," said Freeman. "We had a lot of volunteers who returned from last year as well as new volunteers," she added.

At the end of every camp, Sailors always seem to express the joy that they have had working with the campers.

"I'm going to do this twice a year. This was a wonderful experience and I would recommend it to anybody," said Ramirez.



**HT2 David Chappelle, of SIMA's hull repair shop, helps hang decorations at Camp Bluebird.**

Photo by HT1(SW/AW) Cleveland Gilbert

## Around the Homeport

# Training, safety key for weapons personnel

By JO2 Renee Johnson  
Public Affairs Office

Naval Station Pascagoula Weapons Department personnel, who often work behind the scenes, have recently completed training that provides invaluable skills necessary for their unique day-to-day duties.

Seven Weapons Department Sailors learned the proper handling, maneuvering, and technical procedures for both trucks and forklifts, which are used to transport ammunition, at an intense five-hour explosive driver course.

"I was sent to Yorktown, Va., for explosive driver instructor school back in August," said McGrath, the instructor of the course. "So now, Weapons Department staff no longer have to go all the way to Pensacola, Fla. for training," he added.

Everyone in the department must have an explosive driver's license in order to transport the ammunition from the magazines to the ships or to the pre-commissioning units at Northrop Grumman.

"These licenses are only valid for two years, and must be followed up with a refresher course," said McGrath. "It is also required that everyone have a medical certificate showing the individual is medically fit to perform his duties."

The mission of Weapons Department is to support and supply ammunition to the pre-commissioning units at Northrop Grumman, Navy ships berthed here at Naval Station Pascagoula, and Security Department's Auxiliary Security Forces.

"We receive all of our ammunition from weapons for OJT," said BMCN Allen Herman, security officer. "They are very responsive and flexible if we have a short notice requirement for training ammunition. They also pro-



Photo by JO2 Renee Johnson

***Weapons Department personnel prepare to load a pallet of 5-inch projectiles onto the USS Preble. The ammunition is for the ship's close-in weapons system. Preparing the ammunition for loading are GM1 Hector DelValle, left, GM2 Anthony Palmer, and GM1(SW) Brian Weimer.***

vide us with technical assistance on weapons maintenance."

"We just received our 2003 fiscal year non combat expenditure allowance," Herman added. "We are only given so many rounds per year to train with."

It is the Weapons Department responsibility to insure that all ammunition arriving at the station, or used by area personnel, is properly and safely stored.

"You just can't put everything in a magazine," said McGrath. "Ammunition has to be compatible with what ever it is stored with. That's one of my duties, making sure what goes into the magazine is not over the net explosive weight, (NEW)."

Naval Station Pascagoula has three magazines, which

can hold up to 65,000 pounds of NEW.

Every two years the Weapons Department must undergo an Explosive Safety Inspection (ESI) which looks closely at the department focusing on the qualification certification program, inventories, and the magazines where the ammunition is stored.

In addition to this training, each member of the staff has one year to become qualified to handle each particular type of ammunition through both the qualification certification program and through on the job training, (OJT).

"Personnel as well as property safety are always the number one priority of the Weapons Department," said Keith Stelljes, explosive safety officer. "Prior to any weapons handling operation, they hold

safety briefings to inform everyone of the risk potential and their individual and group responsibilities. If anyone identifies a potential hazardous situation the process is immediately stopped until the hazard has been eliminated. They are extremely impressive to see in action," he added.

Finally, ammunition must be made safe to be transported to its destination.

"We put it on our truck, block it, brace it and make it road worthy. I then inspect the truck and do the paperwork," said McGrath. "This is done usually after hours."

McGrath is also responsible for inspecting trucks from commercial companies to make sure they have been properly loaded prior to coming here and that they adhere

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## Around the Homeport

# Military families commemorated in November

By Gerri Warden

FFSC Information Specialist

November is the month in which we traditionally give thanks for all the goodness in our lives; thus it is the appropriate time for remembering how much the military family endures for us and how much they contribute to the community and ultimately to the security of our entire nation.

Throughout history, military families have sacrificed to ensure the success of our nation. Even now we count on the continued support of the military families to take care of the homefront and to travel afar to defend our freedom. The military family includes military members, active duty and retired, and their families.

Former President Clinton once stated, "Americans owe a profound debt of gratitude to our military families. Military family members' love and support strengthens the nation's armed forces. Military families have always endured weeks, months, and sometimes years of separation from loved ones."

These families are the inspiration, love, and support that gives the military member the purpose, direction, and strength to fight to preserve our freedom. They share their military member with the entire nation. They survive separations and frequent moves. They take on responsibilities in the household that they would not do if the spouse were home. Against all odds, they thrive in whatever environment they find themselves.

Military Family Week is being celebrated this year to recognize families of members serving in the Armed Forces. In honor of the 2002 celebration, President George W. Bush sent a letter to the Armed Services YMCA, sponsor of the month, for families.



The following is the text of his letter:

"I am proud to offer my sincere thanks to the brave wives, husbands, children, and other family members of our Soldiers, Sailors, Airmen, and Marines during Military Family Week.

"Many military families serve our country by sacrificing personal comfort as their loved ones help protect our Nation. The men and women who serve in America's military depend on their families for solace and strength as they defend our people and our interests around the world. Your active support of our service members plays a vital role in our national defense and in making our country's Armed Services the finest in the world.

"As we work to abolish the

evil of terrorism, military families must continue to meet their distinctive challenges with the American spirit of honor and courage. Your selfless dedication to your loved ones and to our country sets an example of patriotism for all Americans to follow. Laura joins me in sending our prayers, gratitude, and best wishes."

Fleet and Family Support Center is proud to have a chance to recognize the importance of the military family. Take a moment and think about how precious a family really is. The staff at FFSC will use this time to reaffirm its strong commitment to the military family.

The center invites everyone to stop by and talk with our staff, tour the center, or attend any of our workshops. We continue to respond to the changing needs of the military as we serve together to face our nation's military challenges.

Interesting data from DoD's Office of Family Policy include these statements:

\* About 55 percent of the military's 1.4 million active duty members are married, and about 46 percent of active duty members have children.

\* Nearly 40 percent of the children are under age 6.

\* Military members marry and have children younger than civilian counterparts.

\* About 6 percent of active duty members are single parents and 8 percent provide some level of support for elder relatives.

\* 82 percent of the U.S. military forces are located within the United States. Of that group, 56 percent live off base.

\* One-fifth of enlisted service members felt financially squeezed in a 1998 survey. One-fourth of enlisted personnel reported having received food stamps, welfare or other public assistance in the past year.

\* Spousal employment affects retention along with a need for childcare, and financial management assistance.

\* Military families move twice as often as civilian counterparts.

\* A good quality of life is essential to military morale and readiness and DoD is working to balance mission demands with support programs that develop a strong sense of family and community.



**Promotion -- LCDR Shri Stroud, XO of NAVSTA Pascagoula, pins gold oak-leaf collar devices on newly promoted LCDR Dondria Smith-Hollis, the clinic nurse at Branch Medical Clinic Pascagoula. LCDR Smith-Hollis is the senior nurse at the clinic.**

Photo by JO2 Renee Johnson

## Navy, Military News

# RADM Gaudio, CNRSE, says farewell

By RADM Jan Gaudio  
Former CNRSE

As my tenure as the regional commander winds down, I express my sincere gratitude and admiration for the tremendous hard work, dedication, pride in service and teamwork which have been the hallmarks throughout Navy Region Southeast. The exceptional progress you have made across the broad spectrum of programs and services we collectively provide is without question the result of the entire team's combined efforts.

The successes we've achieved are only possible with great teamwork; teamwork exhibited by the commanding officers, program managers, the headquarters staff, the region storefronts, installations and activities that are all vital components of Navy Region Southeast.

When I took command in August 2000, I was very pleased to return to a community in which I had a strong connection. I was encouraged by the commitment and energy exhibited by the military, civilian and contract employees that make Navy Region Southeast such a superb team. I was also humbled by the awesome chal-



Photo by Stacey Byington

***RADM Jan Gaudi, former CNRSE, talks with Matt Shultz, NAVSTA Pascagoula Facilities Director, during a visit to the station in 2001.***

lenges involved in developing strategies that would allow the region to accomplish our mission effectively within the resources under our stewardship.

The individual missions of the installations that make up Navy Region Southeast are the most diverse in our navy, and each have their own unique challenges. Ranging from providing facilities to enable the war-fighters on our aircraft, surface fleet, and submarine force; to training and support-

ing forward deployed Seabees, providing sustainable forward presence and migrant operations, operating critical training ranges and ordnance depots; to ensuring that our Sailors and families receive the best in medical and dental health services - you have excelled in the face of every challenge, and you can truly be proud of your service and accomplishments.

The region as a whole has also answered the call of numerous unexpected requirements which have stretched

installations and commands' resources to the limits. Our nation's war on terrorism impacted us all personally, and has required us to respond professionally. Immediately following the events of 9/11, the fleet and Sailors we support were deployed to the waters off New York City and Washington, D.C., to serve as a deterring presence and provide security and peace of mind to communities traumatized.

War-fighters and their magnificent machines that call our installations home have been involved from the very beginning, defending our homeland and taking the battle to our enemies. Our own regional AT/FP posture quickly ramped up, and we achieved the necessary vigilance due only to your commitment and some exceptionally long hours.

In response to Operation Enduring Freedom, the operational tempo of our deploying forces increased, which in turn significantly impacted the training and maintenance schedules of all of our installations and their respective tenant activities.

As the war on terrorism progressed, many of you expended a tremendous work

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## RADM Annette Brown takes over as CNRSE

Rear Adm. Annette E. Brown relieved Rear Adm. Jan C. Gaudio as Commander, Navy Region Southeast, Tuesday, October 29, in a traditional change of command ceremony at NAS Jacksonville.

Brown comes to Navy Region Southeast (CNRSE) after a tour of duty as Assistant Commander, Navy Personnel Command (Personal Readiness and Community Support), Millington Tenn. Other assignments include Director, Shore Installation Management Division for the Chief of Naval

Operations and Chief of Staff for Commander, Naval Base Seattle. She also served aboard the USS Prairie as Operations Officer and Navigator - ultimately qualifying as a Surface Warfare Officer.

Brown is a graduate of the Virginia Polytechnic Institute and State University, and the Naval Postgraduate School, where she received a master's degree in business management.

Her personal awards include a Legion of Merit, a Meritori-

ous Service Medal, a Navy Commendation Medal, and others.

Gaudio served as Commander, Navy Region Southeast, since August 2000. CNRSE has oversight of naval commands and activities in the eight southeastern states and the Caribbean.

His next assignment will take him to Norfolk, Va., where he will serve as Director of Readiness, Logistics, and Infrastructure for the Commander, U. S. Atlantic Fleet.



***RADM Annette Brown  
Commander, Navy  
Region Southeast***



## Continuing on

### Gates gets maritime interdiction training...

*Continued from page 4*

sonnel at the Command Information Center initiate the event by providing contact information; the bridge watch then queries the vessel. The small-caliber attack team positions to provide cover for the RHIB as it approaches the vessel, and the deck crew provides support for launching and recovering the RHIB.

From the Persian Gulf to the Adriatic Sea, the U.S. Navy conducts MIOs to control illegal traffic of drugs, weapons and oil and to enforce sanctions. In the Caribbean Sea, USS Thomas S. Gates stands the watch for the security of our nation and of our neighbors.



U.S. Navy Photo by PH2 Aron Taylor

***A rigid-hull inflatable boat from USS Thomas S. Gates (FG 51) prepares for a ship boarding during MIO/VBSS operations off the coast of South America.***

### CJCS: Looking back on past year ...

*Continued from page 2*

dedication of our men and women in uniform. You who serve — your adaptability and agility — your courage and character — your discipline and determination — are legendary.

You tackle unpredictable challenges in innovative ways. You make things happen in a dynamic environment. Many of you are 19 and 20 years old. Yet you display the maturity and competence usually associated with much more seasoned troops.

You're the driving force in our success.

Our families serve superbly. They provide incredible strength for us all. They endure with patience and grace through extended hours and long periods of separation. Our families deserve our deepest gratitude.

In this war on terrorism, there is more ahead of us than behind us. Three things remain constant.

First, the survival of our

nation, our liberties and our way of life will continue to be at risk. Second, our nation will continue to call upon your talents and professionalism. Third, I am confident that you are up to the task. You'll respond as our Armed Forces always have — with courage, honor and sacrifice.

I am privileged to serve with you. May god bless you and your families. And may God bless America.

### Training key for Weapons Department ...

*Continued from page 8*

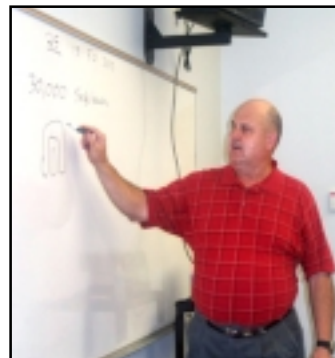
to both Federal law and Naval Station Pascagoula guidelines.

Although most of what Weapons Department personnel do behind the scenes is not known to many, the job they do is vital to the mission of the command.

"They are good at their jobs. They work well as a team which is very important for us here because we have such

minimal manning," said ENS Douglas Moreland, Weapons Officer. "They are just all around good guys."

***Ed McGrath, Asst. Weapons Officer, teaches an explosive drivers course to Sailors on the USS Yorktown.***



### RADM Gaudio ...

*Continued from page 10*

effort over the December holidays to stand up a critical enemy combatant detention center in Guantanamo Bay. Our logisticians successfully matched tons of material and equipment with our Seabees to quickly construct the detention camp in time to accept the first group of terrorist detainees.

Active duty and Reserve Sailors from across the region were pulled to stand up the camp's security forces and enhance the medical staffs. Bottom line, not a single installation, activity, or person has escaped the impact of Sept. 11, 2001, and not a single installation, activity or person, military or civilian, has failed to answer the call of this nation in the face of such challenging times. You are an inspiration to me, and I salute each and every one of you.

Again, thank you for your collective dedication to our mission, the services you provide our navy and nation, and your commitment to the war-fighter and fleet readiness. I am truly grateful to have served with this great team and to call you all shipmates. I have every confidence Navy Region Southeast will continue to excel in the face of future shore installation management challenges and remain committed to "enabling war-fighter readiness."

I leave you in the very capable hands of Rear Admiral Annette Brown and look forward to the opportunity to continue to serve with you in my new assignment as the Director, Readiness, Logistics, And Infrastructure (N4), for Commander, U.S. Atlantic Fleet.

Thank you and god bless you for your service and all you do every day to keep our great country strong and free.

## MWR Activities

# Local spouse wins \$1,000 'MWR Bucks'

By Stacey Byington  
Public Affairs Officer

Mrs. Yvone Reed of Gautier, Miss., has been selected as the third prize winner of the 2002 Liberty Call Sweepstakes, sponsored Navywide by AT&T and Navy Morale, Welfare and Recreation (MWR).

Mrs. Reed, the spouse of Navy Counselor Senior Chief Mark Reed, formerly assigned to the staff of Commander, Destroyer Squadron 6 at Naval Station Pascagoula, had her entry form selected by RADM Steven J. Tomaszewski, Commander, Navy Personnel Command, Millington, Tenn. Her entry was selected from a bar-

rel containing thousands of entry forms.

Sailors and their spouses submitted entry forms at numerous MWR-sponsored Career Decision Fairs conducted throughout the Navy earlier this year. Career Decision Fairs are held at various locations throughout the Navy. They are designed to provide Sailors, junior officers, and their spouses with information to help them make informed decisions and give commands additional tools to assist with retention. Naval Station Pascagoula's Career Decision Fair was held on May 6, 2002.

The grand prize winner re-

*Continued on page 16*



**NAVSTA Pascagoula CO, CDR Terry Rea, presents Yvone Reed with \$1,000 in 'MWR Bucks' as MWR rep Wanda Bobinger looks on.**

## Sara's fitness corner: Getting noticeable abs

The precise amount of reps and sets for optimal results is not known, and everyone responds differently.

Abdominal muscles move your body in multiple directions or planes, and there are a lot of fibers, so there is justification for all the different ab exercises to stimulate all those fibers and to justify for doing multiple sets and reps.

In addition, the abs are "anti-gravity" muscles, which means they support your posture and work most of the time. This means one approach is to train them with high reps and train them more frequently.

Working abs every other day is best. Whatever number or exercises you do make sure you do them slowly and with good form, and that you are fatigued at the end of each set. Another factor that will affect your results is the amount of excess fat that you have on your abdomen. The leaner you are the more likely you will be able to see the muscles.

Listed below are the top five abdominal exercises according



By Sara Helton  
Fitness Specialist

to a recent study from San Diego University.

**1. Bicycle Maneuver:** Lie flat on the floor with your lower back pressed to the ground. Put your hands beside your head. Bring knees up to about 45-degree angle and slowly go through a bicycle pedal motion. Touch your left elbow to your right knee, then your right elbow to your left knee. Keep even, relaxed breathing throughout.

**2. Captain's Chair:** Stabilize your upper body by gripping the hand holds and lightly pressing your lower back against the back pad. The starting position begins with you holding your body up with legs dangling below. Slowly lift your knees in toward your chest. The motion should be controlled as you bring the knees up and return them back to the starting position.

**3. Crunch on Exercise**

**Ball:** Sit on the ball with your feet flat on the floor. Let the ball roll back slowly. Now lie back on the ball until your thighs and torso are parallel with the floor. Cross your arms over your chest and slightly tuck your chin in toward your chest. Contract your abdominals, raising your torso to no more than 45 degrees. For better balance, spread your feet wider apart. To challenge the obliques, make the exercise less stable by moving your feet closer together. Exhale as you contract; inhale as you return to the starting position.

**4. Vertical Leg Crunch:** Lie flat on the floor with your lower back pressed to the ground. Put your hands behind your head for support. Extend your legs straight up in the air, crossed at the ankles with a slight bend in the knee. Contract your abdominal muscles by lifting your torso toward your knees. Make sure to keep your chin off your chest with each contraction. Exhale as you contract upward; inhale as you return to the starting position.

**5. Reverse Crunch:** Lie flat on the floor with your lower back pressed to the ground. Put your hands beside your head or extend them out flat to your sides — whatever feels most comfortable. Crossing your feet at the ankles, lift your feet off the ground to the point where your knees create a 90-degree angle. Once in this position, press your lower back on the floor as you contract your abdominal muscles. Hips will slightly rotate and your legs will reach toward the ceiling with each contraction. Exhale as you contract; inhale as you return to the starting position.

Because the hip flexor muscles work during ab exercises (which might take a way from the work of the abs), the researchers measured that, too, and found that the exercise ball, even though it did not generate the most activity in the rectus abdominis and obliques, did generate significantly less activity in the hip flexor. They reported that because of this, the exercise ball may be the best overall ab exercise of the exercises studied.



## MWR Activities

# Win turkeys by bowling, playing golf, bowling

Naval Station Pascagoula's Morale, Welfare and Recreation department has a wide range of activities and events planned for November. They include:

**Nov. 2** — ITT trip to Ocean Springs for the annual Peter Anderson Art Festival. This festive event includes traditional Gulf Coast food and live entertainment. Transportation cost is \$2. Leave ITT at 8 a.m., return approximately 4 p.m. Sign up at ITT not later than Oct. 30. For more information call 761-2432.

**Nov. 4** — Monday night football at Cracker Jack's. Miami vs. Green Bay. All you can eat pizza for \$5.

**Nov. 6** — Dart tournament at Cracker Jack's at 6 p.m. Entry fee is \$5. Register by Nov. 5. Winners receive cash prizes.

**Nov. 11** — Monday night football at Cracker Jack's. Oakland vs. Denver. All the pizza you can eat for \$5.

**Nov. 14** — Liberty Program free pizza and a movie. Cyber Cafe, 6:30 p.m.

**Nov. 14** — Last day to purchase tickets from ITT for the Saints vs. Cleveland Browns game at the Superdome on Nov. 24. Cost of tickets is \$31.50.

**Nov. 16** — ITT trip to Biloxi for the Christmas City USA Arts and Craft Show. Transportation and admission cost is \$8. Leave ITT at 8:30 a.m. Sign up at ITT not later than Nov. 13. For more information call 761-2432.

**Nov. 17** — Liberty Program trip to Gulfport Outlet Mall. Transportation cost is \$2. Leave ITT at 11 a.m., return approximately 6 p.m. Sign up at ITT not later than Nov. 13. For more information call 761-2293.

**Nov. 18** — Monday Night Football at Cracker Jacks. Chicago vs. St. Louis. All the hot wings you can eat for \$5.

**Nov. 20** — Golf turkey shoot, paintball turkey shoot. Golf turkey shoot on the softball field. Drive the golf ball inside the targeted circle and win a turkey. Paintball event held on paintball field, hit a moving target with paintball gun and win a turkey. 11 a.m. - 12:30 p.m..

**Nov. 20** — Pool tournament at Cracker Jacks at 6 p.m. Entry fee is \$5, sign up not later than Nov. 18. Cash prizes.

**Nov. 21** — MWR Turkey Bowl at Spanish Trail Lanes in Gautier. Make a no-tap strike when the head pin is red and win a turkey. Food and beverages served from noon to 12:30 p.m., bowling begins at 12:30 p.m. Entry fee is \$10. Sign-up at gym no later than Nov. 18.

**Nov. 21** — Last day to purchase tickets from ITT for the Saints vs. Tampa Buccaneers game at the Superdome on Dec. 1. Cost of tickets is \$31.50.

**Oct. 26** — Liberty Program trip Riviera Mall in Foley, Ala., one of the South's largest outlet malls. More than 100 name-brand merchandisers have outlets there. Depart Cyber Cafe at 10:30 returning later that evening. Sign up not later than

Nov. 20 at Cyber Cafe or ITT. For more information call the Liberty Program at 761-2293.

**Nov. 25** — Monday Night Football at Cracker Jacks. Philadelphia vs. San Francisco. All the hot wings you can eat for \$5.

**Nov. 2** — ITT trip to Audubon Zoo in New Orleans for the entire family the day after Thanksgiving. Transportation and admission cost is \$13 for adults, \$9.50 for children under age 11. Leave ITT at 8:30 a.m., return approximately 6 p.m. Sign up at ITT not later than Nov. 26. For more information call 761-2432.

**Nov. 30** — ITT night tour of the Magic Christmas Light Display at Bellin Gardens. Millions of lights adorn the garden and home. Additional attractions include music performances and holiday food. Depart ITT at 4 p.m., returning approximately 10 p.m.. Tour package includes admission and transportation, \$20 for adults, \$15 for children 5-11 years old. Sign-up by Nov. 26. For more information, call ITT at 761-2432.

Tickets for most activities and events are available through the Information, Tickets and Tours office, 761-2432. ITT also has tickets to

Disney World, Universal Studios, Jazzland, Six Flags, Busch Gardens, Sea World, the Audubon Zoo and the Aquarium.

The Sports and Fitness Center at the gymnasium is open seven days a week and holidays. The telephone number is 761-2107. The Sports and Fitness Center also has group cycling on Tuesday and Thursday at 8:30 a.m.; ABS classes on Mondays and Wednesdays at 11:30 a.m.; Aerobics on Thursdays at 11:30 a.m.; Cardio-kick-boxing, Tuesdays at 11:30 a.m. and 4 p.m., and Thursdays at 4 p.m.

The Cyber Cafe is open Monday through Friday, 4:30 - 10 p.m., and Saturday and Sunday, noon to 10 p.m.

MWR's Outdoor Rental is open Mondays through Fridays, 7:30 a.m. to 4 p.m. Phone 761-2038. Paintball field is open Thursdays from 4 - 8 p.m.

Cracker Jacks is open Monday through Friday, 5- 10 p.m., and on Sundays, noon - 7 p.m.

MWR's Auto Skills Shop is open Tuesdays through Friday, 4:30 - 8:30 p.m., on Saturdays, 9 a.m. - 4 p.m., and on Sundays' noon - 4 p.m.

## Spouse wins \$1,000 'MWR Bucks' ...

### Continued from page 3

ceives a 2002 Jeep Liberty. The second place winner wins a trip package to the Army-Navy football game. The third prize, which goes to Mrs. Reed, is \$1,000 in 'MWR Bucks' that can be used for any MWR service, activity or program.

The Navy MWR Division administers a varied program of recreation, social and community support activities on U.S. Navy facilities worldwide. Programs provide active duty, reserves and retired Navy person-

nel and their families with sports and physical fitness activities, child development and youth programs, and a variety of food and beverage services. MWR's mission is to provide quality support and recreational services that contribute to the retention, readiness, mental, physical, and emotional wellbeing of Navy Sailors.

NCCS Reed has been transferred as a geographic back-

elore to the staff of the Commander, Naval Surface Force, U.S. Atlantic Fleet, in Norfolk, Va., but Mrs. Reed and their family remain in Gautier. She is a medical assistant at Norwood Medical Clinic in Gulfport, Miss.

CDR Terry Rea, Commanding Officer of Naval Station Pascagoula, presented Mrs. Reed with her prize on Thursday, Oct. 31, at Norwood Medical Clinic.